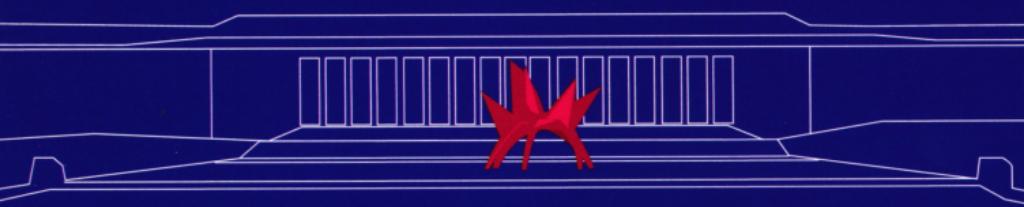


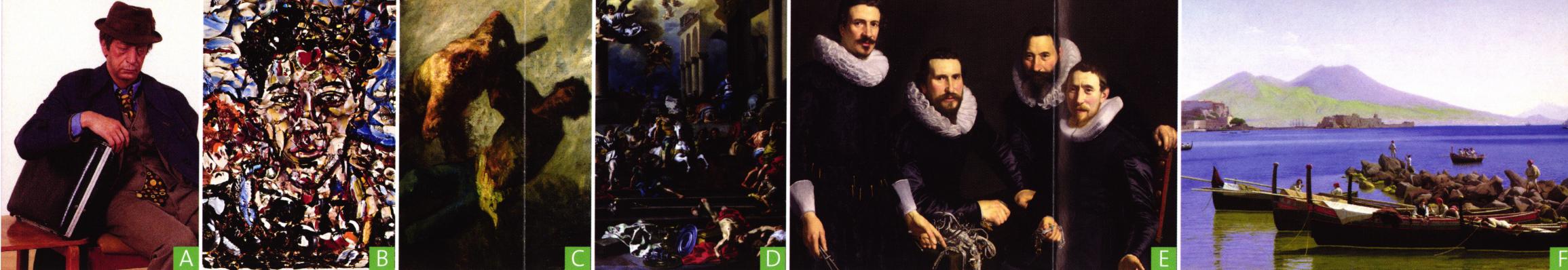
# STRESSED?



Every job has its stresses and sometimes they can overwhelm you. The works of art featured in this guide provide helpful hints on how to handle pressure on the job—or they at least can help you to put things in perspective. Relax, and enjoy your time away from the rat race.

## My Guide





#### A :: GALLERY 1

#### Duane Hanson, *The Executive*, 1971

He sort of says it all, doesn't he? Exhausted, dispirited, most likely underappreciated (and underpaid). Duane Hanson cast this startlingly lifelike sculpture from an actual real estate executive who seems to have had all of the life sapped out of him by job stress. Good thing you've come to the Museum before you're a hopeless case like this guy.

#### B :: GALLERY 5 Julian Schnabel, *Portrait of a Freedom Fighter*, 1984

Breaking things is a great stress reliever (but please wait until you're out of the Museum before trying it!). So is being creative. Combine the two, as Julian Schnabel has in this painting on crockery, and you may just find the cure for your job-related tension. If nothing else, you'll have an excuse to buy new china.

#### C :: GALLERY 33 Jean-François Millet, *The Quarriers*, about 1846-47

How long do you think these guys have been struggling to move just that one rock? Chances are, they're not even unionized. And look at their tools—not exactly state of the art. Whether your job is to move rocks or to “move merchandise,” everyone occasionally feels like Millet’s quarriers. Just remember that working hard with a partner or a team can accomplish what one person alone can’t (does that sound too much like a motivational poster?).

#### D :: THE GREAT GALLERY (GALLERY 36)

#### Francesco Solimena, *Heliodorus Expelled from the Temple*, 1722-23

Does this seem like a typical day on the job to you? If so, then yes, you are officially stressed out at work. With looters threatening the temple treasury, the high priest had no choice but to resort to prayer to get through the crisis (he's the one on his knees in the upper right of the painting). Divine intervention sends a heavenly horseman to drive out the looters, but he leaves chaos (and a mess) in his wake. Sometimes the solution is almost as much trouble as the problem—sound familiar?

#### E :: GALLERY 23 Thomas De Keyser, *The Syndics of the Amsterdam Goldsmiths Guild*, 1627

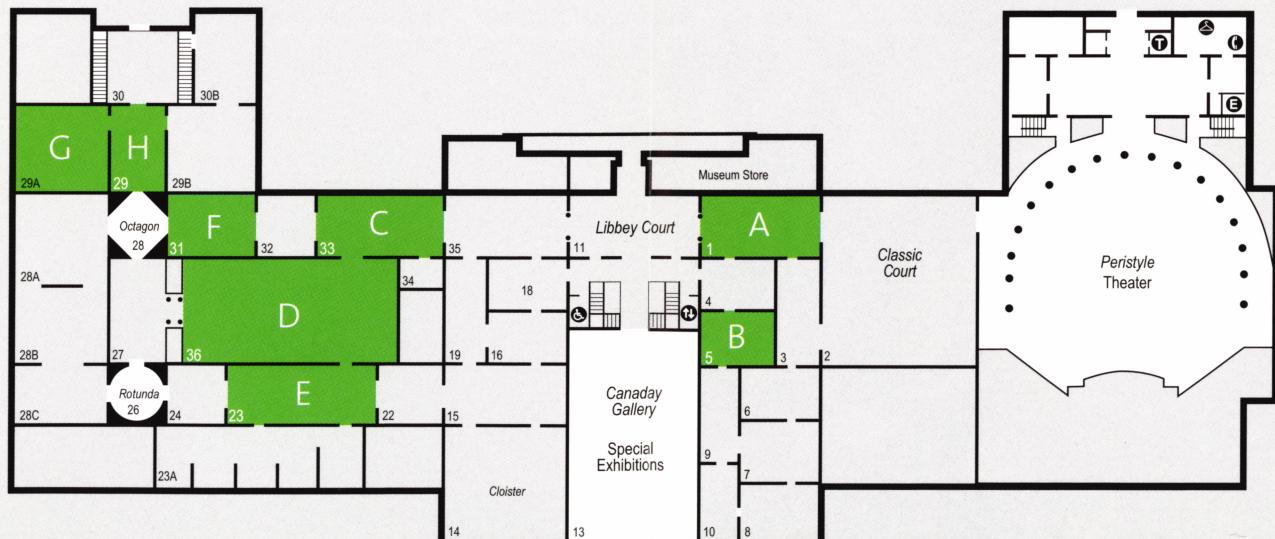
How can you deal with the pressure of a demanding career? These guys managed it. They were the leading practitioners

of their craft and in charge of quality control. They seem pretty pleased with how well they do their jobs. Taking pride in a job well done sometimes makes all the effort worthwhile.

#### F :: GALLERY 31 Christian Schjellerup Købke, *Bay of Naples*, 1843

Sometimes escape is your best option for handling work-related stress (don't let this artist's name stress you out more—we have trouble pronouncing it too). This scene looks warm and peaceful, even with a volcano in the background. Feel the breeze, smell the sea, and imagine the stress floating away. Southern Italy not your thing? Northern Italy is a just a few feet away (J.M.W. Turner, *The Campo Santo, Venice*): a complete Italian vacation all in one gallery! Now, that's relaxing.

CONTINUED ON BACK





G



H

## G :: GALLERY 29A Japanese, Netsuke: *Three Puppies on a Roof Tile*, late 19th century

Still feeling stressed? Okay, it's time to haul out our secret weapon: puppies (you'll find these little guys in the big case on the right side of the gallery with the Japanese art; search carefully—they're really small). Just look at them. They're absolutely adorable. Feel the tension melting away yet?

## H :: GALLERY 29 John Lewis Krimmel, *Village Tavern*, about 1813-14

If all else fails, the weekend is always right around the corner. Do you know a place like Krimmel's village tavern where you can grab a drink and discuss the news of the day? Kicking back and relaxing with friends may be just what you need. Actually, the Museum's Glass Pavilion—right across the street—is a great stress-free environment where you can grab a cup of coffee or a glass of wine and take in the excitement of a glassblowing demonstration. We are open every Friday until 10 P.M.

Enjoy your tour? Visit [www.toledomuseum.org](http://www.toledomuseum.org) for more TMA MyGuides, upcoming events and programs, classes, and membership information.

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Some works of art in this guide may be out on loan to another museum, undergoing conservation work, or temporarily off view for other reasons. We regret any inconvenience.